

**In the Abstract:**

The present invention relates to a A vehicle seat capable of effectively preventing a neck injury during a rear-end collision, the vehicle seat comprising includes a headrest supporting frame whose lower end is secured to a recliner, a seatback frame being elastically connected to said headrest supporting frame ~~by means of elastic means~~, and a headrest adjusting bar for changing a height of a headrest, which couples the headrest with the headrest supporting frame, whereby the shock applied on the chest of a seat occupant, as well as a neck, can be significantly reduced by decreasing the acceleration of the upper body of the seat occupant.